

# Washing dishes with dishwashing liquid is a serious mistake to health

The cutting board contains more than 200% of the bacteria compared to the toilet, if you do not clean the cutting board, you are receiving the disease for the whole family.

Cutting board is an indispensable item for any family, each family can use 2-3 cutting boards, each with a separate position like the one used to chop raw meat and fish. it can be used to cut cooked foods . but, do you know, cutting boards are one of the most bacteria-containing tools? The number of bacteria in the cutting board is about 200% more than the toilet. Therefore, if the cutting board is not cleaned, it is easy to cause pathogens, affecting the health of your family members.



Many scientists have conducted studies on how to properly clean the cutting board to ensure hygiene, destroy all bacteria, thereby ensuring health safety. One study has shown that there are about 200% more bacteria in the cutting board than the toilet.

Most people have a habit of cleaning the board like washing other things, such as using warm water, dishwashing liquid or detergent. However, experts say, this is a way to clean cutting boards completely wrong, this way can be cleaned for other items such as bowls, saucepans . but with the cutting board, this way of cleaning is really inefficient.



Sarah's expert from the Expert Home Tips information page explains that detergent or wash water cannot go deep into the surface of the cutting board to clean up the necessary areas.

This makes the bacteria still able to accumulate and grow on the surface of the cutting board, when humans use it, the bacteria will cling to food causing disease. Instead of using these cleaners, you can use other items that are more effective at cleaning.

Therefore, according to expert Sarah, to help the cutting board always clean need to soak the cutting board into detergent after each use will ensure sterility, thus preventing any risk of bacterial infection. Dry the cutting board with a clean cloth, do not put wet boards together. Cut vegetables before cutting raw meat if using the same cutting board. When the cutting board is worn out, many trenches need to be replaced.

### **Ways to clean the board safely and effectively**

#### **Lemon and salt**

Lemon and salt are two familiar spices for almost every family, the lemon salt mix has the effect of killing bacteria that cling to the surface of the cutting board.



You just need to cut the lemon in half, squeeze the water directly onto the surface of the cutting board, then sprinkle salt into the places where you squeezed the lemon juice.

Re-use the squeezed lime piece, rub the surface of the cutting board in a circular pattern, so that the lemon salt mixture cleans the surface of the cutting board. Finally just clean the cutting board under running water and use a clean, absorbent towel. With the back of the cutting board, please apply this method too!

### **Vinegar**

Pour vinegar on both sides of the cutting board and dry it with a paper towel. Vinegar is a powerful detergent, can remove odors, disinfect and clean cutting boards.

In addition to the above two ways, you can also refer to one of the ways in our following article: Summary of simple and effective ways to clean wood boards

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